

AMENDMENTS TO THE CLAIMS

The following listing of claims shall replace all prior versions, and listings, of claims in the application.

Listing of Claims:

Claims 1 -23 (Canceled).

24 (New). A method of enhancing blood antioxidant activity comprising ingesting at least one composition in at least one form selected from the group consisting of a juice, powder, granule, tablet or capsule, said composition comprising effective amounts of

(a) at least one vegetable selected from the group consisting of broccoli, spinach, parsley, *komatsuna* (*Brassica rapa* L.) and Japanese radish leaves; and

(b) a least one vegetable selected from the group consisting of lettuce, cabbage and celery.

25 (New). A method according to claim 24, wherein the composition has from 5.13 to 80 wt.% of (a) vegetable and 17 to 85 wt.% of (b) vegetable.

26 (New). A method according to claim 24, wherein the composition comprises effective amounts of broccoli, spinach, parsley, lettuce, cabbage and celery.

27 (New). A method according to claim 24, wherein the weight ratio of (a)

vegetable to (b) vegetable is about 1:1 to about 1:3, calculated as raw vegetable.

28 (New). A method according to claim 24, wherein said composition further comprises at least one member selected from the group consisting of bilberry extract, coenzyme Q10, astaxanthin, tocotrienol, pycnogenol, tea polyphenols, grape seed extract, methyl hesperidin, and brown rice powder.